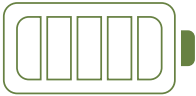



How we work is largely determined by the amount of energy we have. We all have different energy levels, so it is pointless to compare your capacity with someone else's. Every season of life makes different demands on your energy. Being aware of your current capacity is vital so that you can steward your energy well and carry out your calling.

<div>SHADE IN THE BATTERY TO DESCRIBE YOUR ENERGY ON A TYPICAL DAY.</div> <div></div>	WHAT THREE FACTORS HAVE THE GREATEST IMPACT ON YOUR ENERGY?		
	1	2	3
HOW IS YOUR SEASON OF LIFE IMPACTING YOUR ENERGY LEVEL?		IF YOU HAVE HAD RECENT CHANGES IN YOUR EMOTIONAL HEALTH OR PHYSICAL HEALTH, HOW ARE THOSE IMPACTING YOUR ENERGY LEVEL?	

# *Energy Eaters*

We are all wired differently. What energizes you may exhaust those around you. List what types of activities sap your energy in this season.

A large, empty rectangular box with a light gray background, intended for the user to list activities that sap their energy.

**Look over your list.**

☐ Circle the items you have control over.

☐ Put a box around the items that you do not have control over.

You may think the goal is to simply delete the things from this list which deplete your energy. Energy decisions are not that easy! Just because something depletes you does not mean you should avoid it. However, you will need to learn how to manage your energy so that you can faithfully accomplish all that is your responsibility.

**HERE ARE QUESTIONS TO CONSIDER AS YOU THINK  
ABOUT WHAT DEPLETES YOUR ENERGY.**

What are some ways in which you may be misusing your body that contribute to your low energy?

---

---

---

---

When are you the most tired? Are there any changes you can make so that you are not doing your most energy-demanding tasks when you are weary?

---

---

---

---

Are there unhealthy avenues you turn toward in order to manage your fatigue, perhaps even leaving you with less energy?

---

---

---

---

For those energy-depleting activities that are your responsibility, how has God uniquely equipped you for these tasks? How is God showing his faithfulness to you in this? How can you create mini-margins around these tasks to provide time to regain energy?

---

---

---

---

# *Indicator Lights*

Cars have indicator lights on the dashboard to let us know when something is wrong with the engine. In life, how we respond to disruptions in our schedule gives us an indication that something might be wrong in our priorities or in our hearts.

How do you handle disruptions?

---

---

---

---

---

---

---

---

---

---

Is your schedule so tightly packed that there is no margin for interruptions? What problems does this create? Do you struggle to say no when someone asks you to do something? If so, why?

---

---

---

---

---

---

---

---

---

---

Alternatively, is your schedule so vague that you spend your day moving from one interruption to another?  
What problems does this create?

---

---

---

---

---

---

---

---

How can you be strategic in planning ahead to make room for disruptions in your daily or weekly schedule?  
What can you do to become flexible enough to take advantage of the opportunities God may spontaneously give you to love and serve others?

---

---

---

---

---

---

---

---

Do you struggle more with overplanning or under planning? How does this negatively impact you or others?  
Who can you talk to who may be able to help you develop skills to navigate your current responsibilities?

---

---

---

---

---

---

---

---

# Rhythms of Rest and Renewal

Since the beginning God has ordered our days with a rhythm that incorporates the gift of a sabbath rest. A rest day is set apart as different from other days. We need this gift so we can pause long enough to reorient our mind, heart, and emotions toward God.

Often, we don't take God's gift of a stop day. When we neglect to do this, we miss out on the full advantages he has for us in a rhythm of physical and spiritual rest. Stop days look different for different people, but each and every one of us was created to receive this gift. When we skip sabbath rest, we end up depleted and disoriented.

Describe your current practices that create rhythms of rest and renewal for each time period.

DAILY	
WEEKLY	
MONTHLY	
QUARTERLY	
ANNUALLY	

Create a list of what energizes and renews both your body and your soul.

As you look at your list:

- ☐ Circle the items on this list that you actually carve out time for.
- ☐ Put a box around the ones you often deprive yourself of.
- Put a line through items that disguise themselves as restful, but actually are not restorative. (There is a difference between restful and restorative!)

What changes do you need to make to create a spiritually-healthy rhythm of rest and renewal?

# *Investing Energy into Your Calling*

While creating rhythms of rest certainly benefits us, the purpose is not just for our own comfort. Instead, we rest so that we can effectively manage our energy. Our goal is not to hoard energy but to fully invest our energy into our responsibilities. Confusion around what we are responsible for will lead us to spend our energy on things that are not our responsibility.

Revisit pages 99–102 in *Biblical Femininity*. What are the core differences between responsibility and concern?



# Examining Responsibility and Concern

Invest the time necessary to make a thorough list for each question.

What tasks appear regularly on your to do list? It might be helpful to break this down into categories such as work, family, friends, and ministry.

WORK	FAMILY	FRIENDS	MINISTRY

What situations are you anxious about?

---

---

---

---

---

What relationships weigh heavily on you?

---

---

---

---

---

What consumes your thoughts?

---

---

---

---

---

What is heavy on your heart?

---

---

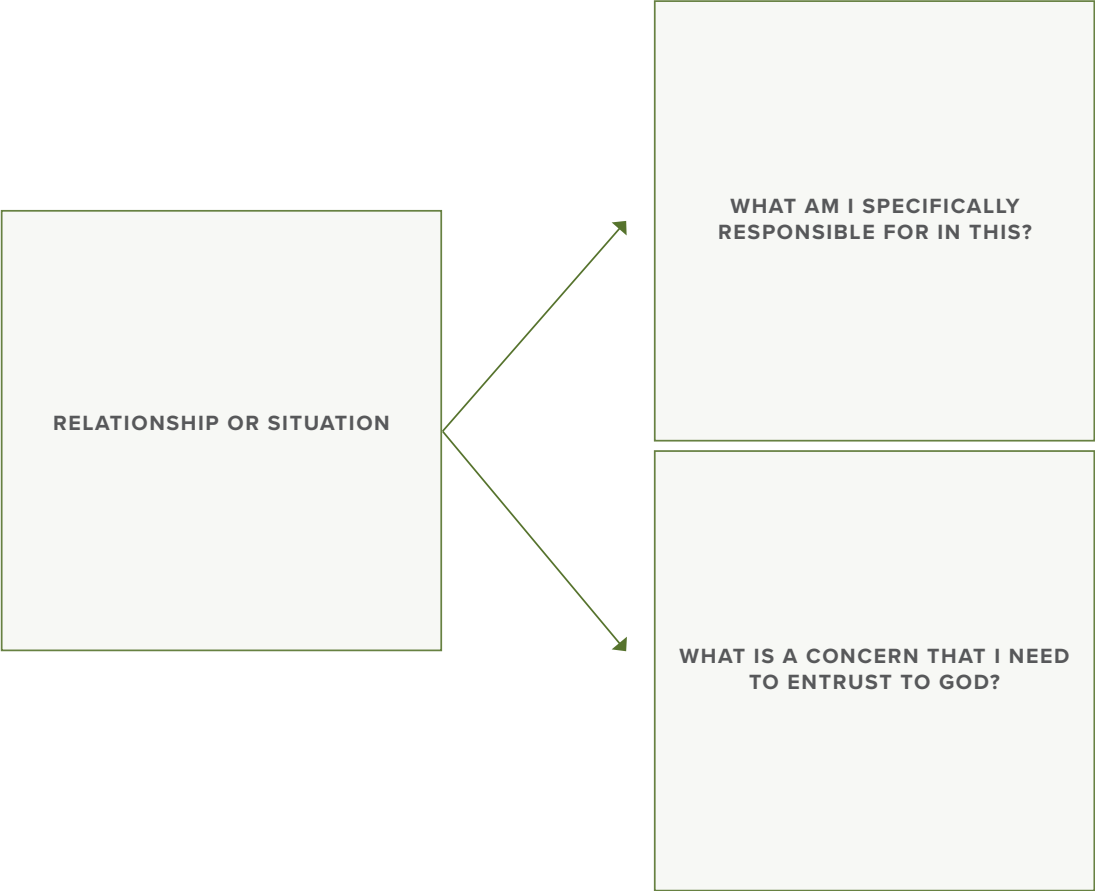
---

---

---

Use the grid on the next page to divide this list between **responsibilities**, **concerns**, and **not sure**. As you begin sorting, keep in mind that determining what our responsibilities are in terms of tasks is at times relatively easy. Discerning what our responsibilities are within specific relationships or situations is trickier and requires much thought, prayer, and input from others.

*For example, if your sister is unstable and struggles with addiction or mental illness, what exactly is your responsibility to her struggle? If your spouse is overweight, what is your responsibility in his struggle? For those situations it may be helpful to take a relationship or situation and break it down to determine what specifically you are responsible for and what is a concern that you need to entrust to God.*



**DIVIDE THE LIST YOU CREATED INTO THESE CATEGORIES**

<b>RESPONSIBILITY</b> Things which are up to me to accomplish and for which I will give an account to God.	<b>CONCERN</b> Things which are not up to me to accomplish and instead I must entrust to God.	<b>NOT SURE</b> Things which I need clarity to discern whether they are my responsibility or whether I need to let them go.

**Interact with your list in the following ways:**

- ✓ Put a checkmark beside items that consume most of your energy and time. As you look at the starred items, is your energy being deployed toward your responsibilities or your concerns?
- Circle any responsibilities that are suffering because your energy is going toward concerns or toward frivolous activities?
- Draw a small arrow beside any responsibilities that need to be shifted to the concern column, or vice versa.
- \* Put an asterisk by any items that are masquerading as responsibilities when really they are simply concerns.
- Draw a line through any items that need to be delegated to someone or removed from your list altogether because of the season of life you are in.

**AS YOU CONTINUE TO LOOK AT YOUR LIST, CONSIDER THE FOLLOWING:**

Are you justifying a ministry, relationship, or hobby by claiming it as a responsibility? What might be the reason behind that?

---

---

---

---

---

---

Your season in life gives you insight into your key responsibilities and relationships. What are five things you believe that God is directing you to give your attention to, and for which you will be held responsible during this season?

---

---

---

---

---

---

Who is being hurt by the way you are stewarding your energy and managing your responsibilities in this season? Who is being helped?

---

---

---

---

---

---

# *Understanding the Relationship Between Energy and Responsibility*

You have worked for clarity around energy and around responsibility; now let's consider the relationship between those two.

Based on what you know about your energy level, your calling, and your responsibilities, would you say that your current level of responsibility is ☐ **too much**, ☐ **just right**, or ☐ **not enough**?

We often think that *just right* is the correct or expected answer, but that is not the case. Take a look back into Chapter 6 of *A Woman's Words*, specifically pages 108–112, to review the three different ways our Energy-to-Responsibility ratio can look.

Draw a bar graph representing your current relationship between energy and responsibility.

**IF THERE IS NO GAP, AND IT LOOKS ‘JUST RIGHT’:**

How was this mythical balance created?

---

---

---

---

---

---

---

What does that tell you about yourself? About your heart?

---

---

---

---

---

---

---

What changes do you need to make in your life to take on more responsibility and carry weight that is reflective of your gifts and calling?

---

---

---

---

---

---

**IF YOUR GAP IS CREATED BY MORE ENERGY THAN RESPONSIBILITY:**

How was this gap created?

---

---

---

---

What temptations has this created for you? How are you spending your excess energy?

---

---

---

---

Does the gap exist because you are avoiding responsibilities? If so why?

---

---

---

---

What idol might be at the root of your underfunctioning?

---

---

---

---

What can you do to add more responsibility to your life and use your energy to steward the gifts God has given you?

---

---

---

---



**IF YOUR GAP IS CREATED BY MORE RESPONSIBILITY THAN ENERGY:**

How was this gap created?

---

---

---

---

---

---

---

---

---

---

---

How are you managing this gap? Are you collapsing under its weight, powering through, or inviting God and others to enter the gap with you?

---

---

---

---

---

---

---

---

---

---

---

IF THIS GAP WAS CREATED BY A CHANGE IN SEASON AND NEW LEVEL OF RESPONSIBILITY,	IF THIS GAP WAS CREATED BY TAKING ON TOO MUCH RESPONSIBILITY,
Brainstorm a list of expectations to let go of, simple pleasures to set aside, and tasks to be delegated in order to accommodate the demands of this new season.	What process do you currently use to make decisions about where to spend your energy?
What is God teaching you about himself as you rely on him to do what is beyond yourself to accomplish?	Is it possible that there is confusion over what you are truly responsible for? (Gaining clarity from the responsibilities and concerns chart can help in this discernment process.)

What lifestyle changes do you need to make in order to preserve your energy and prioritize your responsibilities?

---

---

---

---

---

---

---

---

---

---

What has the gap taught you about yourself? How has it taught you to rely on God and others within your faith community?

---

---

---

---

---

---

---

---

---

---

---

---

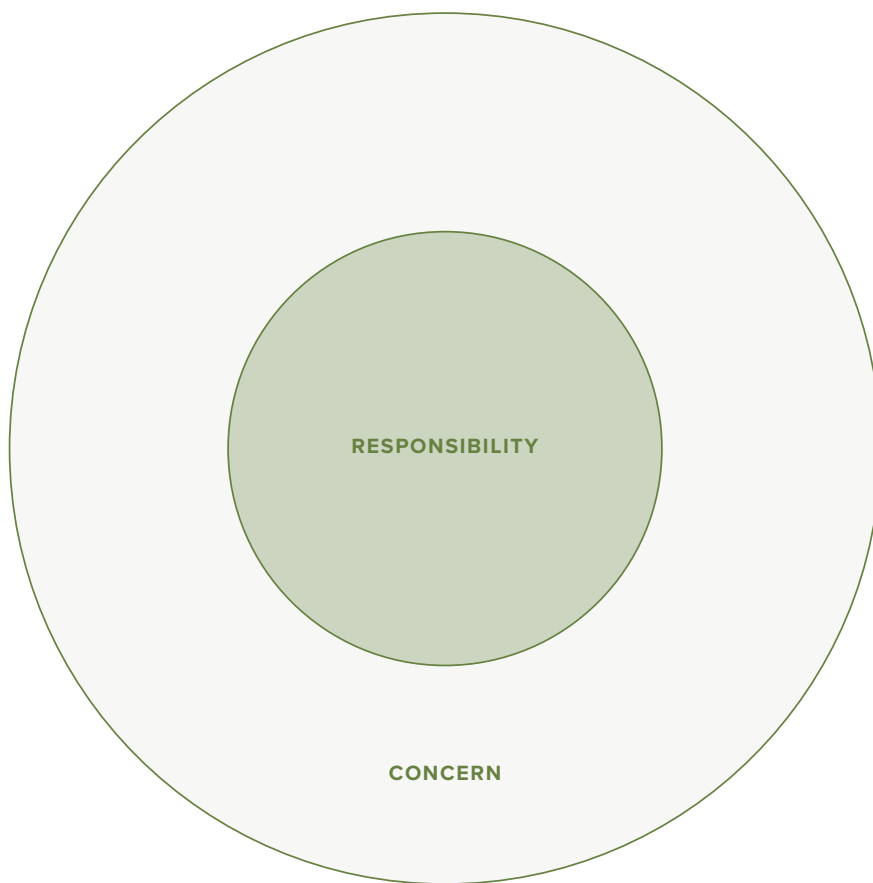
---

---

---

# *Examining Your Calling in View of Your Season*

Look back at your list on page 51. Take what you have learned and fill in the diagram below to create an accurate reflection of your responsibilities and concerns in this season.



**AS YOU EXAMINE YOUR NEW CIRCLES:**

Who would be strengthened and impacted if you could be a faithful steward of your energy and be clear on your responsibilities and concerns?

---

---

---

What is your game plan for giving your responsibilities the attention and energy God wants them to have?

---

---

---

What will you do to entrust your concerns to God? What will that look like for you daily?

---

---

---

**WRITE OUT TWO SCRIPTURES THAT CAN HELP YOU TRUST YOUR CONCERNS TO GOD.**

**Ask a friend to help keep you accountable and reorient you when you are attempting to take back control.**

Now that you have gained clarity on your season and your specific responsibilities and concerns, take a moment to evaluate ways you can live out your identity in Christ by inviting, nurturing, and partnering with your current responsibilities. **Do NOT add anything new to your lists!** Simply examine your current relationships and spheres of influence to determine where these traits will be on full display in this season of your life.

	WAYS IN WHICH YOU ARE CURRENTLY INVESTING YOUR ENERGY	WAYS IN WHICH YOU BELIEVE GOD MAY WANT YOU TO INVEST YOUR ENERGY GOING FORWARD
INVITE		
NURTURE		
PARTNER		

TAKE WHAT YOU HAVE LEARNED IN THIS GUIDE AND  
FORMULATE A STATEMENT THAT IS SIMILAR TO THIS ONE.

*I AM LIVING OUT MY CALLING  
IN THIS SEASON OF*

## DESCRIBE SEASON